Realistic Fat Loss Rate for Men & Women Per Week

Realistic rates of progress for fat loss per week

PROGRESS	% BODY WEIGHT	MEN	WOMEN
Extreme	1-1.5% body weight	(~2-3 lb)	(~1.65-2.5 lb)
Reasonable	0.5-1% body weight	(~1-2 lb)	(~0.8-1.65 lb)
Comfortable	0.5% body weight	(~<1 lb)	(~<0.8 lb)